



SAU PO CENTRE ON AGEING, HKU  
香港大學秀圃老年研究中心

# Carer support policy and initiatives towards carer-centred policy framework in Hong Kong

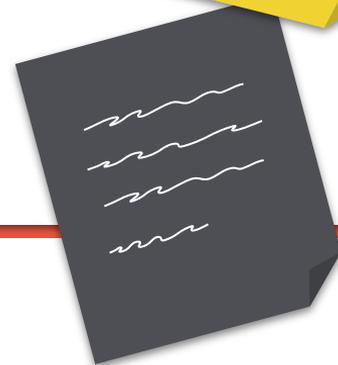
**Dr Vivian W.Q. LOU**

Director, Sau Po Centre on Ageing  
Associate Professor,  
Department of Social Work and Social Administration  
The University of Hong Kong  
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Virtual Regional Conference (via Zoom)

**FUTURE PROOFING AGED CARE**  
23-24 November 2021 (9:00a.m. – 12 noon, Beijing/Manila)



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**“There are only four kinds of people in this world:  
those who have been caregivers,  
those who are currently caregivers,  
those who will be caregivers and  
those who will need caregivers.  
Caregiving is universal.”**

— Rosalynn Carter

# Elderly caregiving in Hong Kong

**37.3%**  
Children as  
major caregivers

**26.3%**  
Spouses as major  
caregivers



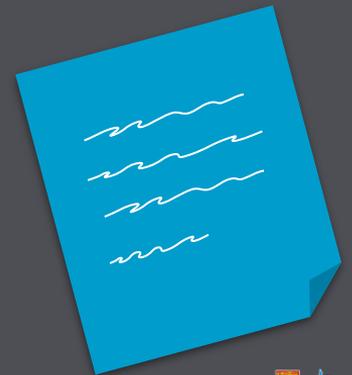
Family members play an important  
role in caring for older adults in  
Hong Kong

- **280,500** older adults need assistance from others in their daily living (such as helping with eating, dressing, and toileting)
- **47.6%** had caregivers

**375,848**

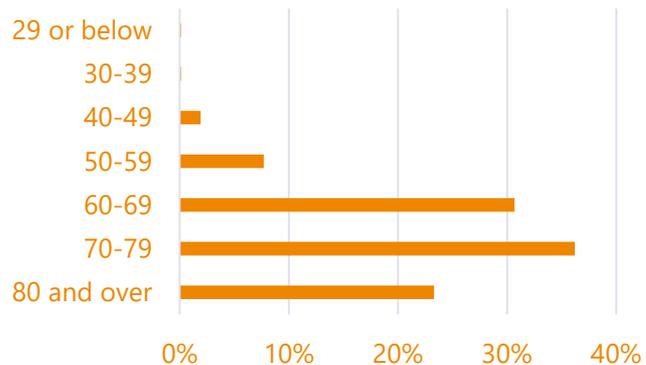
**caregivers in Hong Kong**

5% of the total population



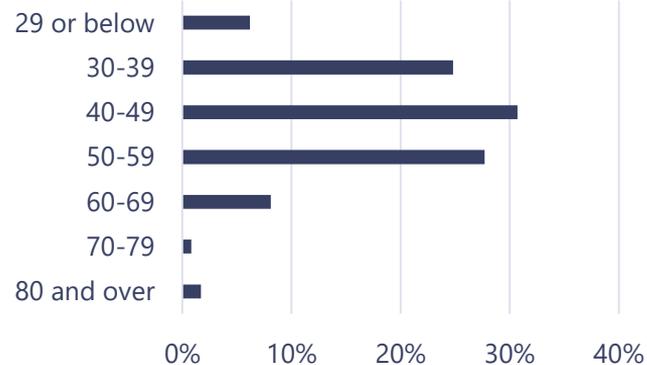
# Diversified in AGE and GENDER

## Community Caregivers

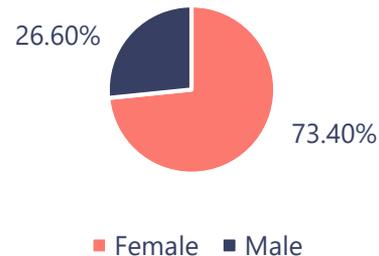
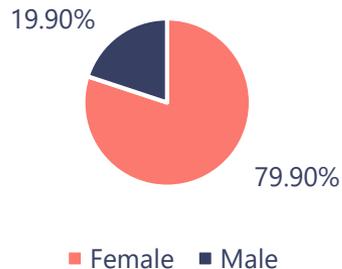


## AGE

## Working Caregivers

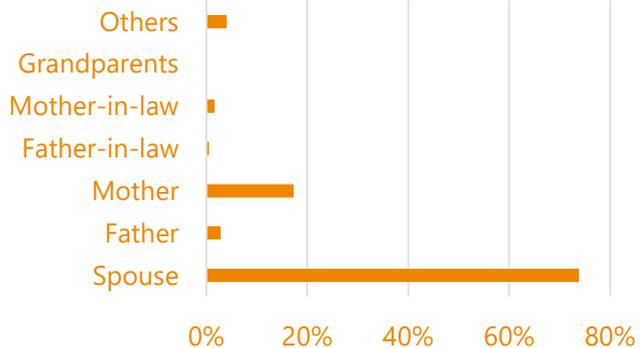


## GENDER



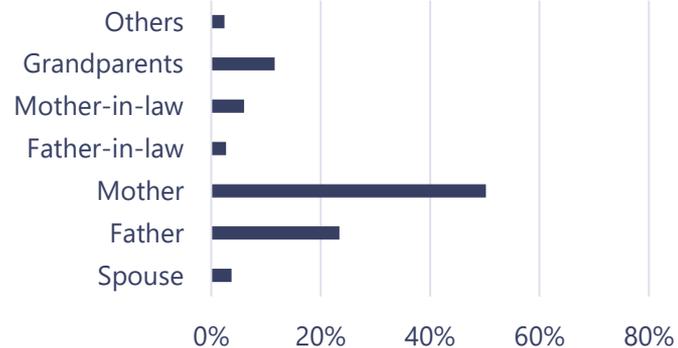
# Diversified in RELATIONSHIP and EMPLOYMENT STATUS

## Community Caregivers

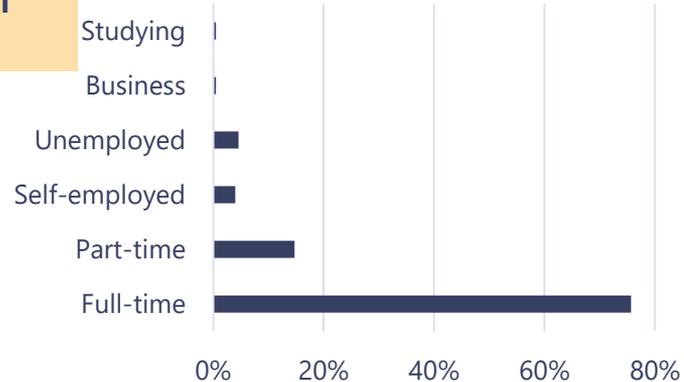
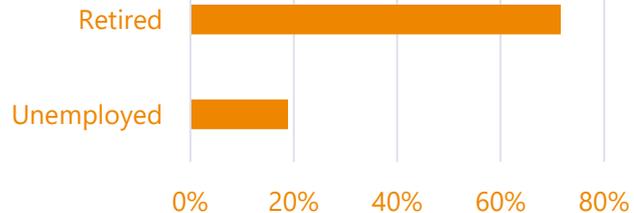


## RELATIONSHIP

## Working Caregivers



## EMPLOYMENT STATUS



# Carer-centered Policy Framework

01 Caregiver  
Recognition

02 Financial  
Support

03 Work &  
Education

04 Health &  
Well-being

05 Information  
& Knowledge

# Caregiver Recognition

- The 3<sup>rd</sup> Saturday of October as “Carer Day” to promote recognition and support for caregivers.

Policies and programmes to increase recognition of the central role caregivers play in the well-being of the person they are caring for, in community capacity, in society and in economic prosperity.

# 01



02

# Financial Support



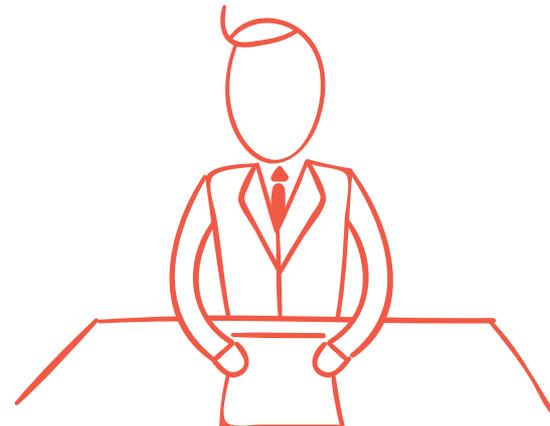
Measures to support caregivers' financial security and alleviate the pressure on personal finances from caring.

# Direct financial support

- **Dependent Parent and Dependent Grandparent allowance**
- **Disabled Dependent Allowance**
- **Hong Kong Mandatory Provident Fund**
- **Pilot Scheme on Living Allowance for Carers of Elderly Persons from Low-income Families**
- **Pilot Scheme on Residential Care Service Voucher for the Elderly**

# Indirect financial support

- The Housing Authority provides two main types of housing for older adults in public rental estates: **Housing for Senior Citizens Units** and **Self-Contained Small Flats**
- **Elderly Health Care Voucher Scheme** was launched in 2009 to offer an annual voucher amount of HK\$2,000 to older adults aged 65 or above to use for private healthcare services



# Work and Education

- **Family Status Discrimination Ordinance (FSDO)** expressly prohibits discrimination toward a person on the basis of family status.
- The Equal Opportunities Commission (EOC) has issued a **Code of Practice** in accordance with the FSDO.
- The Labour and Welfare Bureau encourages employers (there is no legislative requirement) to adopt **family-friendly employment practices**
- Employ foreign domestic helpers

Practices to create supportive workplaces and educational environments so caregivers have equal opportunities to remain in and return to work/school.

# 03



# Health and Well-being

## Physical Well-being

Rated their health positively

Caregivers aged 65+ (24%)

HK population aged 65+ (46%)

Consulted a doctor within 30 days

Caregivers aged 65+ (46%)

HK population aged 65+ (38%)

## Psychological Wellbeing

25% High-risk

Caregiver Burden 63% High

Depressive Symptoms 55% Yes

Family Function 40% Poor

# 04



Supports to uphold caregivers' physical and mental health, facilitate social connections and enable caregivers to pursue interests outside of their caring responsibilities.

# Caregivers need HAPPY TIMES

照顧者

CARER



快樂

We NEED "little happiness" when taking care.  
We CHOOSE "little happiness" when taking care.  
We ACHIEVE "little happiness" when taking care.

- Vivian Lou

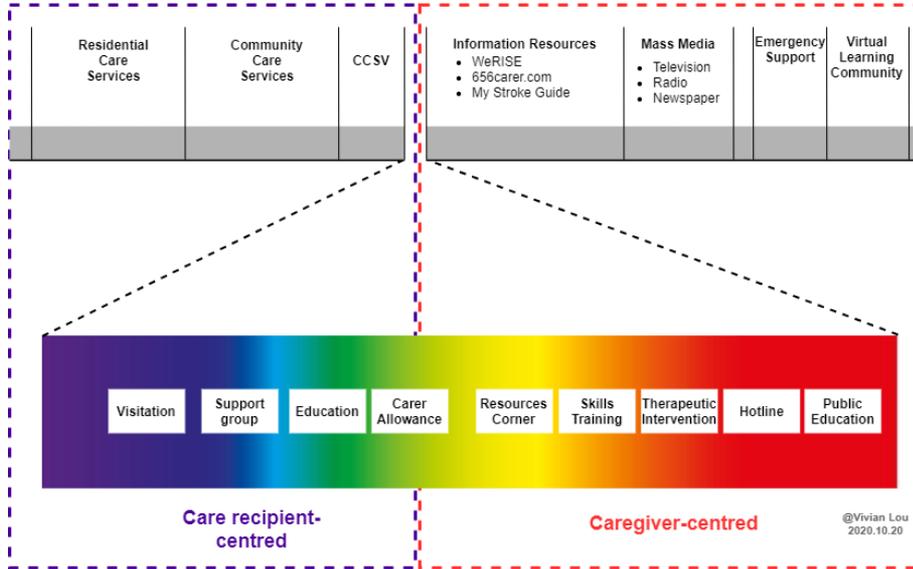
HAPPY TIMES



<https://www.caregiving.hku.hk/>

# Information and Knowledge

## CAREGIVER SUPPORT AND CARE SPECTRUM



# 05

Resources to empower carers that are appropriate to their needs and stage of their journey.



# Responsive caregiver support ecology for a sustainable healthy ageing



Improve caregivers' well-being

Support caregivers' optimal balance

Compensate and recognize caregivers

# Thanks



2/F, The Hong Kong Jockey Club Building  
for Interdisciplinary Research, 5 Sassoon  
Road, Pokfulam, Hong Kong



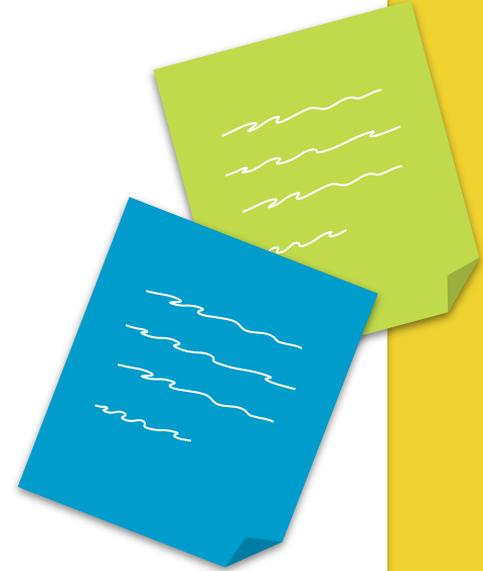
(852) 2831 5210



[ageing@hku.hk](mailto:ageing@hku.hk)



[ageing.hku.hk](http://ageing.hku.hk)



Join hands for active and healthy ageing!



香港大學秀圃老年研究中心  
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